

# ILLINOIS VALLEY COMMUNITY COLLEGE



## Course Syllabus

**Division: Health Professions**

**Course: THM 1224**

**Therapeutic Massage Techniques III**

Date:	Summer 2006
Semester Hours:	5
Lecture hours per week:	3
Labs hours per week:	4
Seminar hours per week:	0
Other hours:	0
Prerequisite:	THM 1200, THM 1204, THM 1206, THM 1208, THM 1214, THM 1216, THM 1218
Semester Offered:	Summer
Instructor(s):	Cherie Monterastelli
	Office Bld. 11 Rm. 105
	Office Phone: 224-0507
	Home Phone: 434-0973
	Office Hours: by appointment.

### I. CATALOG DESCRIPTION

This course continues to build on skills and modalities learned in THM 1204 and THM 1214. The students learn new and adaptive massage techniques and experience a variety of environments and populations as they move into the community to work with, and massage, special populations. Special consideration given to infant and perinatal massage, sports massage, medical massage, massage for business and industry and massage for the elderly, physically and emotionally challenged adults and children, and the chronically and terminally ill.

### II. EXPECTED LEARNING OUTCOMES AND RELATED COMPETENCIES:

Upon completion of the course, the student will be able to:

1. Understand the physical, emotional, and energetic differences of massage clients from a variety of Special Populations.
2. Identify appropriateness of Swedish Massage Techniques for clients from a variety of special populations.
3. Utilize new and adaptive massage techniques and professional approaches for clients from a variety of special populations.
4. Perform Therapeutic Massage in a variety of community settings in a professional manner.
5. Identify other healthcare professional roles in order to refer clients appropriately.
6. Work in collaboration with other healthcare professionals.

### III. COURSE CONTENT:

See attached outline.

### IV. INSTRUCTIONAL METHOD:

Demonstrations/Return Demonstrations  
Lecture  
Lab  
Community Lab Experiences

**V. INSTRUCTIONAL MATERIALS:**

Required text	Transparencies	Audio Visuals
Handouts	Models/Charts	Massage Equipment and Supplies

**V. STUDENT REQUIREMENTS AND METHODS OF EVALUATION:**

**GRADING SYSTEM**

93 - 100%	=	A
86 - 92%	=	B
78 - 85%	=	C
70 - 77%	=	D
Below 70%	=	F

Final Grade will be based on:

1. Exams
2. Quizzes
3. Lab Evaluations
4. Feedback Forms (15)
5. Research Project (Criteria will be handed out in class)
6. Professional Massage Outside Class By Due Date (2)
7. Professionalism: Attendance, participation, and ethics.
8. Community Outreach Experience
9. Community Event

**VI. REFERENCES:**

Required Books  
Handouts

**VII. EMERGENCY PROCEDURES/SEVERE WEATHER:**

- A. Class cancellation due to inclement weather will be announced on local radio stations.
- B. Class cancellation due to instructor absences will be posted on classroom doors. Instructors will set up an emergency phone tree on the 1<sup>st</sup> day of class to be initiated by them in the event of inclement weather or instructor absences; thereby establishing a thorough communication system to prevent unnecessary driving.

**VIII. COLLEGE WITHDRAWAL POLICY:**

It is the responsibility of the student to officially withdraw from class according to the procedures described in the college catalog. Any student who does not officially withdraw by the withdrawal deadline ( ) will receive a letter grade.

**IX. INCOMPLETE**

All course requirements must be completed by the end date for the course. If there are extenuating circumstances that merits granting a student more time to finish course requirements, an incomplete grade ("I") may be given. To receive an incomplete, an Incomplete Grade Contract Form must be completed and approved. If the requirements are not completed the "I" may revert to an "F". Students should discuss the incomplete contract with the instructor.

## **X. ATTENDANCE POLICY**

All learning requires attendance and participation. Because of the nature of the therapeutic massage program attendance is expected at all classes. It is also expected that students will be present for the entire class. Students that are having problems with attendance will be asked to review their commitment to the therapeutic massage program.

There are no excused absences. If a second absence should occur in a class the student will be required to meet with the program coordinator or the instructor in order to determine appropriate make-up work for time missed. A Learning Contract will be written and signed by the student and the instructor or program coordinator. Each additional absence will result in a 10% deduction from the final grade.

Classes start on time with attendance taken. Students who are late or who leave early will lose time. Each one half hour of class missed will be 25% of an absence. Please inform the instructor when you arrive late or leave early to receive accurate credit for your attendance or you will be assigned credit according to the instructor's estimate of your arrival and departure.

## **XI. SUPPLIES NEEDED**

- A. One twin size fitted bed sheet
- B. One twin size flat sheet
- C. One pillow case
- D. One towel and blanket.
- E. Massage lotion or oil
- F. Massage Table

## **XII. OTHER REQUIREMENTS**

Students must be clean, well groomed, and have long hair pulled back. **Dress code must be followed for all labs/community experiences. All jewelry must be removed for lab sessions.** Please refer to your Student Handbook for further information in this area. Hands must be clean with fingernails trimmed. Students must sanitize all massage equipment before storing, and face cradles after each use.